



## **Self-Compassion**

Dr. Kristin Neff defines self-compassion as having three core components: self-kindness, common humanity, and mindfulness. These elements work together to create a balanced and supportive approach to oneself, especially during difficult times.

Here's a breakdown of each component:

- **Self-Kindness vs. Self-Judgment:**

This involves treating oneself with the same care and understanding that one would offer a friend, rather than being self-critical and judgmental.

- **Common Humanity vs. Isolation:**

Recognizing that suffering and imperfection are part of the shared human experience, rather than feeling isolated and alone in one's struggles.

- **Mindfulness vs. Over-Identification:**

Observing one's thoughts and feelings without getting carried away by them or trying to suppress them, allowing for a balanced perspective.